

### **Your body can be compared to a bathtub.**

The size of the bathtub is your genetics and other hereditary/acquired tendencies called miasms. If your ancestors have had certain health issues or toxic exposures or genetic glitches, your bathtub will be smaller. (There is evidence that genes are affected by the environment in the science known as Epigenetics)

#### The 4 faucets coming into the bathtub are:

1. The foods that you eat – Eating right combinations-Clean Food -Pesticide Free -Digestive Health
2. The environment you are exposed to i.e. toxins (chemicals and heavy metals), infectious agents, electromagnetic frequencies, vaccinations (in those susceptible), environmental factors such as pollen, dust, animals, etc)
3. Emotional traumas, issues and stress, personal and transgenerational
4. Spiritual Connection to God, (healing light) or clear the things that block the light (darkness, sin)

#### The drain in the bathtub is composed of:

1. **Mental, Emotional and Spiritual healing, a Positive Attitude over the adversity. Rising above it. Choose Forgiveness, Gratitude, Thankfulness, Unselfishness, Love beyond all understanding. This is free and not all people are open to addressing the deep work on this level. Always start here for detox...when this drain is clear...the body will naturally balance, and can spontaneously heal.**
2. Intestines, liver and kidneys ( follow our liver cleanse protocol) **DiscoveryHealthSolutions.com**
3. Immune system, lymph system, sweat glands, menstrual blood, acid-alkaline balance, hormones, vitamin/mineral/amino acid/antioxidant/nutrient balance, proper sleep, structural integrity

If the drain is plugged up and the faucets are going strong (or one gets turned on more than usual), then the “water” in the bathtub will overflow. This causes you to experience symptoms. These symptoms can be anything from a runny nose to cancer. When the body doesn’t get rid of the toxins through those usual routes or if the toxins are suppressed, the body will need to do one of two things with those toxins:

1. **Store the toxins.** Examples of this are tumors (benign and even malignant), cysts, fibroids, enlargement of the organ or gland such as the prostate or thyroid, endometriosis, fat cells, excessive fluid, and “mental” illnesses.
2. **Choose an alternative route out of the body.** Examples are skin rashes (eczema, psoriasis, or even excessive sweating), an increase in menstrual flow or frequency, lung problems such as asthma, sinus problems/allergy symptoms, and diarrhea.

Substances that suppress the elimination of toxins (and also create more toxins coming into the bathtub because they need to be detoxified) are steroid drugs, artificial hormones, anti-inflammatory drugs, birth

control pills, long-term use of bio-identical hormones, illegal/legal drugs and excessive use of antibiotics.

The goal for ultimate health is therefore to decrease the toxins coming into the body and maximize the drain.

## Detox Treatment and Tools Use

*Cilantro tincture with NanoVi device, Ionic Foot bath, Bemer and Sauna used for Lyme, Mold Toxicity and Autism*

### ***It always starts with the GUT-***

*Spend some time to evaluate*

*Your current diet and intake of food*

*Consider doing a fast from after dinner with next meal at lunch time. or eliminating sugars, alcohol, and grains for a few weeks to see if there could be a sensitiviey to any food and to get a clean gut.*

**[Prolon is a recommended 5 day fasting mimicking diet that is easy and helps reset the system.](#)**

**[Add a good set of probiotics based on your current digestive system- We like spore biotics microbiome](#)** . Our patients can set up a direct account with them and learn on their website what you need. For those with use of antibiotics over time, there is always a need to repopulate your intestinal lining with good bacteria and heal the mucosal lining which houses your immune system. **Patient order account set up necessary [here](#).**

**[Microbiome Labs](#) has the probiotics for all your digestive needs. Used also for SIBO,C-Diff infections, as they have the best bacteria for renewing the flora balance in our gut.**

**[Order through their link.](#)**

**Product for use after antibiotics and general gut health is [the Bacteria s called Megaspore Biotics](#) .**

**Take 2 each day with meals.**

**[IonBiome Healing Tonic helps heal the GI tract Use daily.](#) Use discount code:” theHive “**

## 3 steps to Detoxification

### **The Principles: Mobilization – Transport - Excretion**

1. Line the gut with binders; **chlorella**, **zeolite**, clay, charcoal, fiber, chitosan, ecolonia cava, microsilica.
2. Saturate system with good liquid multi minerals added to daily water.
3. Add electrolytes to water, increase water intake and kidney profusion
4. Desensitize system to toxins: Low Dose Immunotherapy
5. Support cellular activities to facilitate the detox process and restore the system (**[NanoVi](#)** – bio-identical signaling)
6. None of the primary products used for detox are good mobilizers of mercury ( DMPS, DMSA, EDTA)
7. **Best Mobilizers:** **Cilantro**, **[Psychological Clearing Work](#)** (Trauma Treatment), Physics ( **[BEMER pulsedr](#)** -Pulsed EMF), Far Infrared Sauna, Infrared Light, **[Ion Cleanse Foot Bath](#)**, Acupressure, EAV, Homeopathy, **[Energetic Detox](#)** & Allergy Desensitization (provocation/neutralization) Colon Hydrotherapy.
8. Transport through the cell membrane: phospholipids, liposomal glutathione
9. Never forget: **load the system with binders before any of this!!! Binders escorts toxins out of the body to prevent reabsorption.**

### **Procedure:**

1. Slowly titrate the cilantro tincture to mobilize: 1 drop twice daily until you get to 2 dropperfulls ( = 30 drops), 3 x daily. (30 min. before each meal)

2. Binders: Use **Chlorella** if tolerated. Start with medium dose, 8 tablets (250 mg), Take it 5 minutes after taking cilantro. Away from all food or vitamins. Increase during times of crisis or with a herximer reaction. Maximum dose 40 tablets 3 times a day.
3. If chlorella is not tolerated, use **Zeolite**, start with 1/2 capsule or 1/2 scoop and slowly increase to 2 capsules or a full scoop, away from all food or vitamins – **Biopureus.com discount code: HEALTH**
4. Use Infrared Mobilization Device as outlined...see instructions below
5. [NanoVi Device](#), improves repair of cellular damage and restores energy levels, use daily to counteract the burden of detox
6. [IonCleanse Footbath](#), 2 x weekly for 30 minutes maximum.- the frequencies in the Ioncleanse will kick start the methylation process so your body can start to detox properly. This is more than a foot bath.
7. [BEMER](#) increases mobilization, sit or lie on the Bemer to move blood - lymph fluid every day during detox.
8. [Sunlighten Low EMR Far Infrared Sauna](#), every other day for 12 min. max with electrolyte mineral water and binders.
9. Continue the binders as there will be unprecedented waves of release
10. Colon Hydrotherapy is most beneficial
11. If patient has problems, add lymphatic drainage massage, massage or neural therapy.( procaine injections to affected ganglia, segmental treatment of liver, small intestine and kidney)
12. Follow up i.v.s; Vit C ( 37.5-50 gms), alpha lipoic acid (600 mg), glutathione ( 600 mg), i.v or i.m magnesium, aminoacids
13. Check saliva (6.7) and urine pH (6.2) Consider tri-salts

#### Allergies Treatment options

1. Energetic Detox Desensitization- sweeping light into your body to clear and eliminate toxins and allergens- DVD available for Energetic Detox procedure to use at home.
2. DHS Remedy Maker – Very easy way to make your own remedy – for seasonal pollen, dander, dust and toxins in the environment, Very effective and simple.  
Consult the Klinghardt Academy Lyme. Protocol or Brain DVD/manuals to learn how to use the remedy maker and how to make your personal cocktails.
3. Color Light Therapy – Detox through the Eyes- most direct brain detox- Color Sound Therapy
4. [HiTech Air Solutions](#) – kills allergens – toxins – mold in high toxic homes and work environment
5. Austin Air – great personal home and clinic air filter

#### Aluminum Detox for Lung and Brain

1. Cilantro with the Foot Bath/Bemer removes Aluminum out of the Brain!
  - Also C:200 Aluminum Homeopathic to get rid of aluminum
  - Desperal injections under the skin: work for Alzheimers is only treatment known with results. Specialty treatment only for alzheimers. See one of our certified practitioners for information.
2. [Hi Tech Air Solutions](#) Mold and Mycotoxin Clearing
  - a. Use where household items have been exposed to mold or water damage, great results for clean air.
3. And do not forget the **binders**!!

**Binders:** First Choice: use both Chlorella and Zeolite – Biopureus.com Code Klinghardt Academy

1. **Zeolite** it **treats myotoxicities, “MOLD”** and is far superior to cholestyramine binding mold mycotoxins. Bowel flora, supports healthy microbiome. It has antibacterial effects.  
Lowers ammonia levels, removes radioactive and toxic metals, binds to fluoride, aluminum and die off toxins.
2. **Chlorella** is the only thing we find that removes all types of metals.

## **Infrared Light - To mobilize Toxins held in the matrix – opening detox pathways**

**This is a hand held inexpensive light with detailed instructions for home use.**

Patients can use the biophysics of the ionic cleanse foot bath and Infrared light tools.

It increases the exclusion zone in the water In our body, like the ( EZ water by pollock) for free flow of toxins out of the brain and body.

**Low 480 milliwatts delivery IR light only - It uses the biological window we have in the body**

**Procedure:** To mobilize bugs into urine

6 to 10 minutes max treatment time

No more than 1 or 2 minutes needed on each spot.

**Start with 3 areas and move to more.**

**You can test with muscle testing for precise areas.**

“Transgender people may test either the male or female side of the forehead with muscle testing for choosing the correct side to begin, which may also be an indicator of their intended original spirit sex.” Dr. Klinghardt

### **Sequence of Treatment**

**Treatment time: 6-10 minutes max**

**Put it directly on the skin**

- a. **For men: Start with Right Pre-frontal cortex - forehead area**
- b. **For women: Start with Left Pre-Frontal cortex - forehead area**
  1. **Both Ears**
  2. **Fontenelle-Top of head**
  3. **Brain Stem- shine it upward**
  4. **Cavitation area**
  5. **Neck area –**
    - a. **lymph strokes under the mandible**
    - b. **venus system**
    - c. **stroke it up and down with unit**
    - d. **in front of the SCM muscle ( sternocleidomastoid muscle)**
  6. **Thymus ( if needed)**
  7. **Celiac Plexus ( if needed)**
  8. **Spleen ( if needed)**
  9. **Kidney ( if needed)**
  10. **Spine ( if needed)**
  11. **Palms of both hands**

**Next:** massage or squeeze your treated organs, and exercise.

Or use a vibration plate, or rebounder, run, walk, or move your body.

Then we test the urine. Patient is clean after. Fantastic for Drug Uptake

### **Resources and Sponsors**

BiopureUS      Chlorella, Herbal products – Free Shipping code at check out: KLINGHARDT ACADEMY -

[ENG 3 nano Vi](#)

[Ion Cleanse by AMD](#)

[Sunlighten Sauna:](#)      [http://www.sunlighten.com/?utm\\_medium=email&utm\\_source=Klinghardt](http://www.sunlighten.com/?utm_medium=email&utm_source=Klinghardt)

[BEMER :](#)      <http://dhs.bemergroup.com/en-US>

[HiTech Air Solutions](#)   [www.hightechairsolutions.com](http://www.hightechairsolutions.com)

Infrared Light and Energetic Laser Detox Tools:   [info@DiscoveryHealthSolutions.com](mailto:info@DiscoveryHealthSolutions.com)

[EMR- Electromagnetic Radiation Remediation](#)

Discovery Health Solutions LLC   ***formerly the Klinghardt Academy***

[Info@DiscoveryHealthSolutions.com](mailto:Info@DiscoveryHealthSolutions.com)   908-899-1650 office   908-414-0769 mobile

Fax 908-542-0961